

MARCH 2017

ABINGTON COUNCIL ON AGING

441 Summer Street, Abington, MA 02351 781-982-2145

Website:

ABINGTONSENIORCENTER.COM Suzanne Djusberg, Director COADirector@Abingtonma.gov Hours: 9AM to 2PM Mon. thru Thur.,

9AM to 1PM Fri.

Volume 14

Issue 3

Council on Aging Board of Directors

Jack Libby, Chairman Marie Brown, Vice-Chair Maureen Wall, Secretary Karen DiLorenzo Elizabeth Keefe Larry Keough Jan Prall Lurane Ryerson Betty Slinger Ann Welch George Whiting, Emeritus



38th Annual Saint Patrick's Day Parade, Sun. March 19, start 1PM from Abington Ctr. to N. Abington Ctr.

Abington DPW Director (See page 6.)

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess, Computer Classes
Cribbage, Exercise Room
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Line Dancing, Mah Jongg
Pickleball, Quilting Class
Senior Lunches, Tues.& Thu.
Tai Chi, Zumba

COUNCIL ON AGING STAFF

Suzanne Djusberg - Director Michelle Robison -Nutrition Coordinator Amy Barrett -Outreach Coordinator Transportation Coordinator John Freese - Custodian

Jack Brown, David LaCouture,

Jack Libby - Van Drivers

YOUR POT OF GOLD — Pat Jackman

In Ireland in days of old There was a tale to tell, Of little men with pointed ears

The Irish knew them well, In daylight they cannot be seen

And they're never out at night,

But, everybody knows they're 'round

Though never within sight.
To find the impish little man
The search goes on and on,
He's not just any "little" man
He's called a "Leprechaun,"
It's said he guards the pot of gold
Far at the rainbow's end,
And if you ever find him there
You'll have good luck, my friend,
So if someday you see the rain
Together with sunlight,
Look to the skies and you may see
A rainbow shining bright,
Follow it as best you can

Through river bend and creek, You may just find the leprechaun

The one of whom I speak, The pot of gold is there for all

Who travel all the way,

But, you don't need to find the elf

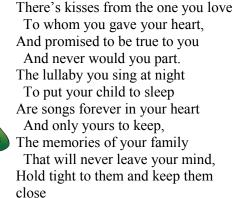
To know of what I say,

Just look into yourself to find The treasures you can see.

They're buried deep within your heart They're there for you and me.

There's smiles from all the happy folks You met along the way,

And bear hugs from your children As they greet you every day,

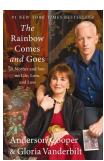


They are the precious kind,
There's tears to shed to help you
Through the dark times of the years,
And friends to get you through it all
And help you dry your tears,
So look no further than yourself
You have these deep inside
You do not need that little elf
Just let him run and hide.
Remember all these blessed gifts
They're there for you to hold
If your life has these treasured things
You've found your "Pot of Gold."



May the road rise up to meet you. May the wind be always at your back. May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, may God hold you in the palm of His hand.

BOOK RECOMMENDATION



The *Rainbow Comes and Goes* is a touching and intimate correspondence between Anderson Coo-



per (CNN and CBS journalist) and his mother, Gloria Vanderbilt (of the Vanderbilt fortune and known as "the poor little rich girl" in a bitter custody case when she was 10-years-old). After his mother suffered a brief but serious illness at the age of ninety-one, and at

Anderson's suggestion, they resolved to begin a yearlong conversation (by email) to change their relationship. The result is a correspondence of surprising honesty and depth in which they discuss their lives, the things that matter to them, and what they still want to learn about each other. A son's love letter to his mother and an unconventional mom's life lessons for her grown son, *The Rainbow Comes and Goes* offers a rare window into their close relationship and fascinating life stories, including their tragedies and triumphs.

HISTORICAL FIGURES—ALBERT EINSTEIN



Albert Einstein is probably the world's most famous scientist, but how much about him do we really know? He was born on March 14, 1879 in Germany to a middle class Jewish family. By the age of 17 his parents had taken him to live in Italy and Switzerland. He became a Swiss citizen

and began work as an assistant in the Swiss Patent Office in 1901, where he was passed over for a promotion because he had not got to grips with "machine technology." Much of his work was linked to the synchronizing of time by mechanical and electrical means which would later transform the understanding of the universe. His work on relativity made him world famous when he concluded that the trajectory of light arriving on Earth from a star would be bent by the gravity of the Sun. The rise of Hitler and Nazism persuaded him to move to the U.S. He wrote to President Roosevelt urging him to press ahead with construction of a nuclear bomb to ensure that the Germans did not get there first. He later said that this letter was his life's biggest regret because nuclear weapons had such a fierce capacity for destruction. He began work at Princeton University and became a U.S. citizen in 1940, his third passport, where he was a strident critic of racism, calling it America's "worst disease." Albert Einstein died of internal bleeding on April 17, 1955 at the age of 76, which was marked with headlines around the world. But his story did not end there—his brain was removed by the pathologist to try to understand what made him so intelligent. In 2010 the remains of his brain were transferred to the National Museum of Health and Medicine, including 14 photographs of the whole brain that were never before revealed to the public. More recently, 46 small portions of Einstein's brain were acquired by the Mutter Museum in Philadelphia. It is interesting to note that sources say Einstein was plagued with speech difficulties and could not speak till he turned 4years-old.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of March for the April 2017 issue). E-mail- **foasnewsletterteam@yahoo.com**.

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Tuesdays of every month, 10:00 to 12:00 Noon. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

SENIOR TRANSPORTATION—CALL 781-982-2145

(24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$3 round trip - suggested donation. Call the COA at 781-982-2145 to book rides in advance. Dial-A-BAT vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. Friday Morning Shopping Van. We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1:00PM. Cost for round trip is \$3.00. Each week we will alternate between malls.

SENIOR NUTRITION-CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

<u>Senior Lunches:</u> Tuesdays 11:30—cost \$4.00. Thursday 11:30—suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

FUEL ASSISTANCE

Appointments are scheduled by calling Amy Barrett at 781-982-2145-X2.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to **www.seniorcomputerlearningcenter.org**.

POETRY CORNER

St. Patrick's Day is here, you see,
We'll pick some shamrocks, one, two, three.
We'll count the leaves and look them over,
And maybe find a four leaf clover.
I'll sew green buttons on my vest,
Green for St. Patrick's is the best.
I'll wear a green hat, very high,
And dance a jig – at least I'll try.

—Author Unknown



The March wind roars

Like a lion in the sky,

And makes us shiver

As he passes by.

When winds are soft,

And the days are warm and clear, Just like a gentle lamb, Then Spring is here.

-Author Unknown.



March 5th, Abington Historical Society, Dyer Library @ 2:30 pm— Program: Crossett Shoe Factory

FRIENDS OF ABINGTON SENIORS, INC. MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions.

JUNE 2016 started a new membership year good until JUNE 2017. Please make checks payable to: "Friends of Abinaton Seniors. Inc."

and mail to P.O. Box 2035, Abington, MA 02351

Many thanks to families selecting "Friends of Abington Seniors" for memorial gifts.

Friends of Abington Seniors Membership for 2016-2017: \$7.00 per person or \$100 for lifetime membership. Please send donations to this address: P.O. Box 2035, Abington, MA 02351

Name						
Address						
Memory Of						
end Acknowledgement to						

THE BIRTHDAY GIFT THAT KEEPS ON GIVING

Do you have a birthday coming? Can't think of anything you want or need? Suggest a donation in your name to the Friends of Abington Seniors, Inc.

Jovce Christie Barbara & Richard McCarthy Louise MacKenzie Memberships: Sheila Lambert

> Kay & Larry Fritz William Walsh Evelyn & Arthur Davieau

Memoriams: Edward Kiernan by Muriel Kiernan William G. Swain by Elena Swain

> Timothy J. O'Donovan by Valerie & Brian Barry Ellie Diersch by Vinson Blanchard Garden Assoc.

In memory of Patricia Bates by: Sheila Lambert, Beverly Hartery, Rosemarie MacDonald, Helen Allen, Martha Craft, Marion Tisdale, Theresa & Fred Magistro, Karen Tracey, Pat & Joe Jackman, Alice Argentine,

Anna Fopiano, The Gifted Hands

MARCH PUZZLE

Rearrange the following to form five connected words or names. What are they?

TOUGHDUN	FACETIKUR	BRAGGRINDEE	CAJPALKF	CRANOOMA			
HETCS	RESSERD	STEETE	BALET	DAWBRORE			
OCAIR	ELOUS	HTAENS	HAGABDD	GANKKOB			
TREAKA	FOLG	BYGUR	DUOJ	TINDBONAM			
PORIPNEPE	SORTITO	ZAPIZ	MAISAL	PATAS			
(See answers on page 8.)							



MARCH RECIPE 2 Diced Bananas

CRANBERRY SUNSET SALAD by Pat Jackman

1 pkg. Strawberry Jello

1½ cup Boiling Water

1 cup Canned Jellied Cranberry Sauce

Dissolve gelatin in boiling water. Mash cranberry sauce. Add to gelatin and beat slowly with rotary beater until smooth. Chill until syrupy. Fold in diced bananas and chopped nuts. Chill until firm.

1/4 cup Chopped Nuts

THE ANNUAL VALENTINE'S BRUNCH catered by Hart Brothers Catering was held on February 14. The hall was beautifully decorated. A good time was had by all who attended. Thanks go out to: Suzanne Djusberg for balloons and table decorations; Selectman Kenny Coyle for decorations; Caitlyn Simmons for the homemade valentines; Michelle Robison for Dunking Donut cards; and Brenda Strange who made table decorations. Thank you to all who decorated, served, and helped with clean-up as well as those who worked the raffle and the doors. —Diane Keith, F.O.A.S.

MARCH CHUCKLE

I had a problem with my computer yesterday, so I called Eric, the 11-year-old next door, whose bedroom looks like Mission Control and asked him to come over. Eric clicked a couple of buttons and solved the problem. As he was walking away, I called after him, "So, what was wrong?" He replied, 'It was an ID ten T error.' I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.' Eric grinned—'Haven't you ever heard of an ID ten T error before?' 'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.' So I wrote down: ID10T I used to like Eric, the little MONSTER.



OUTREACH — MARCH 2017 15th ANNIVERSARYOF THE CIRCUIT BREAKER: TAX RELIEF FOR MASSACHUSETTS SENIOR CITIZENS



Here's a reminder about "The Circuit Breaker," a tax credit for Massachusetts senior citizens age 65 and older. It's called the Circuit Breaker Tax Credit because it is "triggered," like an electrical circuit breaker, when property tax payments exceed 10 percent of an senior's annual income. Those who qualify will still be required to pay property taxes to their local communities. But they will receive a dollar credit for every dollar their property tax, and certain water and sewer bills, exceed 10 percent of their income, up to the \$1,030 maximum. Senior citizens who rent their homes can also take advantage of the same dollar for dollar credit, up to the same \$1,030 maximum, if 25 percent of their annual

rent exceeds 10 percent of their annual income.

Here are the basic requirements for eligibility:

Must be a Massachusetts resident, age 65 or older. Must own or rent residential property in Massachusetts as your primary residence. Must have an annual income of \$55,000 or less for a single filer; \$69,000 or less for a head of household; and \$82,000 for joint filers.

You are ineligible for this tax credit if:

You are married and do not file a joint return. You are a dependent of another tax filer. You receive a federal or state subsidy directly, or live in a property tax exempt facility. Your property is assessed at a value greater than \$700,000.

This tax credit was approved in 1999 and was implemented in 2001. Over the years it has helped tens of thousands of seniors save millions on their property taxes. All my best. *Amy Barrett 781-982-2145 X2*.

DISABLED PARKING PLACARD CHANGES

The following changes will be taking effect soon regarding disabled parking placards:

The appearance of the placard will change

The Application for Disabled Parking Placard/Plate has been revised and reformatted A new Disabled Parking Placard Abuse Confiscation & Reporting Form has been created.

Placard Appearance Changed:

Beginning in February, 2017, Disabled Parking Placards issued by the RMV have a new appearance. Small blue wheelchair symbols appear behind the Placard Number and Expiration Date. This security feature has been added to help identify instances of altered placard numbers or expiration dates that have

been observed and cited by law enforcement. This change applies to all placards, both permanent and temporary. All old style placards with the plain white background in the Placard Number and Expiration Date sections will remain valid until the date of expiration shown on the placard. It will take up to five years before the old placards are completely phased out.

Applications for a Disabled Parking Placard/Plate may be obtained from the Registry of Motor Vehicles.

There is no fee required for a placard, and a disabled person is not required to have a vehicle registered in his/her name. Disabled plates will only be issued to individuals who have a vehicle registered in his/her name, and registration fees apply.

A FOND FAREWELL TO JUNE JUREK

June Jurek has retired after 41 years writing her column entitled "Young At Heart" for the *Brockton Enterprise*. Ms. Jurek offered useful tips, information, comments, and poetry which appeared weekly in the Sunday edition of the newspaper. She took note of events at the local senior centers and was especially kind to mention many of Abington's senior events. Best wishes to Ms. Jurek—now it's time for her to relax and actually read the papers.

COMMUNITY BREAKFAST

Colony Center for Health and Rehabilitation on Route 18, Abington, is sponsoring a *free* community breakfast on the third Wednesday of every month at the Abington Senior Center from 8:30 to 10:00. Veterans and community members are invited. Coffee, orange and other juices, compliment breakfast items such as sausage, baked potatoes topped with scrambled eggs and bacon, English muffins, etc. Come, enjoy a good breakfast, good company, and conversation.

CHINESE NEW YEAR HOEDOWN @ COLONY CENTER REHAB

The Friends of Abington Seniors hold many functions at the Senior Center for Abington residents. On January 27, 2017 our mission was to provide residents at the Colony Center, who are unable to take advantage of our activities at the Sr. Center to go to them.

Being the start of the Chinese New Year, the dining room was decorated in Chinese red, each place setting was with a Chinese fan and a variety of Chinese food was served.

The East then met the West with lively Western music. Colony Center servers dressed in Western shirts, passed out Western straw hats and joined in singing, clapping and dancing. There was no nodding off. It was enjoyed and appreciated by both staff and the residents. Mission accomplished!

—Lorraine Leventuk









MARCH 2017 LUNCH & ACTIVITIES						
Monday	Tuesday	Wednesday	Thursday	Friday		
3/14 to 4/3, NCAA March Madness—Men's Basket- ball Tournament 3/20 Abington Garden Club: UCC Rte. 18, @noon. Program: Jean Gillis, Cape Cod Hydrangea So- ciety	3/1 to 4/15 Lent 3/12 Daylight Savings Time Begins 3/12 Full Worm Moon 3/12 Girl Scouts Day 3/19 St. Patrick's Day Parade 3/25 National Medal of Honor Day	1 10:00 Knitting Group 10:00 Chess 10:00-12:00 Quilt Class 5:45 Hatha-Yoga w/ Joanne Ash Wednesday	2 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30 Zumba (\$5)	3 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) Caregiver's Appreciation Day National Anthem Day		
6 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Begin- nings Meeting	7 9:00 Cribbage 11:30 Lunch: Cheeseburgers with To- mato & Lettuce, Potato Puffs, Apple Turnovers, Beverage	8 9:00 FOAS Meeting 10:00 Knitting Group 10:00 Chess 10:00-12:00 Quilt Class 5:45 Hatha-Yoga w/ Joanne	9 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30 Zumba (\$5) Hummingbirds Migrate North	10 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing		
13 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting	14 9:00 Cribbage 11:30 Lunch: St. Patrick's Celebra- tion Lunch	15 10:00 Chess 10:00 Knitting Group 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne Ides of March	16 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30 Zumba (\$5)	17 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing St. Patrick's Day Evacuation Day		
20 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Begin- nings Meeting First Day of Spring Vernal Equinox	21 9:00 Cribbage 11:30 Lunch: Soup & Sandwich, Chips, Crackers, White Cake w/Peaches & Whipped Cream, Beverage 6:00 COA Meeting	22 10:00 Knitting Group 10:00 Chess 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne	23 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30 Zumba (\$5)	24 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) Chipmunks Emerge from Hibernation		
27 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting	28 9:00 Cribbage 11:30 Lunch: Chicken, Mashed Po- tato, Vegetable, Cran- berry Sauce, Birthday Cake, Beverage	29 10:00 Knitting Group 10:00 Chess 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne	30 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30 Zumba (\$5)	31 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)		

NOTABLE EVENT - March 24, 1989



The Exxon Valdez tanker ran aground on Bligh Reef in Alaska, releasing nearly 11 million gallons of crude oil into Prince William Sound, the worst U.S. oil spill in U.S. History until the 2011 spill in the Gulf of Mexico.

Direct contact with the oil slick killed at least 140 bald eagles, 302 harbor seals, 2,800 sea otters and 250,000 seabirds within a few days. Four people died as part of the clean-up efforts. Wildlife value is measured by the cost to obtain or rehabilitate them. For example, zoos pay as much as \$50,000 to capture an otter. Total cost for just these four



species in the first week was \$218.6 million. (Source: *Replacement Costs of Birds and Mammals*)

Fisheries for salmon, herring, crab, shrimp, rockfish and sablefish were closed, with some salmon and shrimp commercial fisheries remaining closed through 1990. Four species have not recovered,



including a 36-member pod of killer whales. Herring and salmon never fully recovered. Thus, the commercial fishing industries haven't either. Over 2,000 Alaskan Native Americans and 13,000 other subsistence permit-holders lost the source of their food, which continues today. Nearly 30 years after the spill, about 20 acres of Prince William Sound shoreline are still contaminated with 21,000 gallons of oil, just as toxic as it was right after the spill, decomposing no more than 4% per year.

The Exxon Valdez disaster was caused by the negligence of its captain, Joseph Hazelwood. He was convicted of a misdemeanor of negligent discharge of oil, for which he performed community service. (Source: Final Report: Alaska Oil Spill Commission, February 1990)

JOHN STONE, DPW DIRECTOR

Because of Abington's new Dept. of Public Works, we asked Director John Stone to summarize the updated activities and responsibilities.

Through Town Meeting vote, the establishment of a Department of Public Works was created thus consolidating the Highway, Sewer, and Park and Recreation Departments into one functioning entity. As with any municipal charter change the language required a vote of the state legislature which occurred in November of 2015.

I was offered the job as Interim Director on January 1, 2016 and was made permanent on July 1, 2016. It is an honor to serve as the first DPW Director in the Town's 300 plus year history and I am extremely grateful for those who put faith in me. Although it has been challenging to say the least, I believe we made great strides in the first year.

Per the Town Charter my role as DPW Director also includes my former job of Sewer Superintendent, and I hold and maintain the following certifications and licenses: Massachusetts Certified Public Purchasing Officer; Certified Public Works Infrastructure Inspector, CPII (American Public Works Association); Certified Compliance Inspector of Stormwater, CCIS (Stormwater USA); MA Title V Certified; Massachusetts Certified Waste Water Treatment Plant Operator Grade 4M (Cert#1345); New England Water Environment Association Collection System Operator Grade IV (Cert#C- 4179); Grade 2-D Water Certification (Massachusetts); SHA 10 Certified OSHA 24 Hour Hazwopper Certified; Notary Public.

The DPW performs a variety of essential functions including but not limited to: Road maintenance and resurfacing; Mowing and striping athletic fields; Grounds keeping of town-owned buildings and schools; Tree and limb removal; Playground repair; Snow removal and anti-ice operations; Fleet maintenance; Maintenance and repair of 11sewer pump stations; The administration of over 15 specialty camps ranging from art to sports camps; Video-inspection of sewer lines and manholes; Upkeep of the pool at Island Grove; Maintaining storm water infrastructure; Preparation of the annual operating budget and overseeing expenditures; Developing and updating of capital plan; Administering public construction projects; Inspecting sewer installations; Complying with sewer inter-municipal agreements with the City of Brockton and the Town of Rockland.

In March of 2016 the clerical staffs of the Sewer, Highway, and Park and Recreation were moved into one building at 350 Summer Street. This resulted in operating expense savings through the sharing of office supplies and equipment, not filling vacated positions and eliminating the duplication of effort. The clerical staff's 2 full-time and 1 part-time employees perform the following duties: Handling resident inquiries via phone, email or walk-in; Accounts payable; Accounts receivable; Payroll; Quarterly sewer billing; Issuing of permits; Website updates; Agendas and meeting minutes of the Board of Sewer Commissioners and the Park and Recreation Commission; Issuing of licenses to drain-layers; Monthly reports; Attendance tracking.

The office staff deserves tremendous credit for the near seamless transition into one Department all while maintaining a very high level of customer service and overall professionalism.

In closing I would like to thank the employees of the DPW for their patience during this transition, the Town Manager's Office, other Department Heads and the various Boards and Committees throughout town. It is the mission of the DPW to continue to provide a high level of service in maintaining the Town's most valuable infrastructures.







Abington COA 441 Summer Street Abington, MA 02351

Daffodowndilly

She wore her yellow sun bonnet, She wore her greenest gown, She turned to the south wind And curtsied up and down. She turned to the sunlight And shook her yellow head And whispered to her neighbor, "Winter is dead."

A.A.Milne



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Organization
U.S Postage Paid
Abington, MA
Permit #26

Miscellaneous

<u>Line Dance Schedule:</u> Dancing with Dotty Belanger at Abington Senior Center on 2nd and 3rd Friday afternoons at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

<u>Food Pantry</u>: St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. at the old Friary/Convent at St. Bridget's, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Sheila Lambert, President; Karen Tracey, Vice-President; Thomas Bates, Treasurer; Beverly Hartery, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

Informer Newsletter Staff: Marie Brown, Joanne Curtis, Lorraine Leventuk, Carol Najarian, Betty Slinger, Maureen Wall *Puzzle Answers:* 1) Doughnut, Fruitcake, Gingerbread, Flapjack, Macaroon; 2) Chest, Dresser, Settee, Table, Wardrobe; 3) Cairo, Seoul, Athens, Baghdad, Bangkok; 4) Karate, Golf, Rugby, Judo, Badminton; 5) Pepperoni, Risotto, Pizza, Salami, Pasta

FACTS/MYTHS ABOUT ST. PATRICK & ST. PATRICK'S DAY

Of course we all know that it is the ONE day that everyone is a little bit Irish, but here are some other facts you may not know about St. Patrick or about the holiday.

St. Patrick was born around A.D. 390 in Great Britain. His birth name was Maewyn Succat and he was not Irish, his parents were Roman citizens. The humble shamrock was originally a teaching tool used by St. Patrick to explain the

Holy Trinity. The first St. Patrick's Day parade took place in New York in 1762. St. Patrick's Day was basically invented America by Irish-Americans. For many years blue was the color most often associated with St. Patrick; green was considered unlucky. In the 17th century it was changed to green which is one of the colors of the tri-color flag. On any given day, 6.5 million pints of Guinness are consumed; on St. Pat's day the amount doubles. It is a myth that St. Patrick banished snakes from Ireland. There were no snakes in existence on the island then or now. In 1962 Chicago decided to dye a portion of the Chicago River green. St. Patrick's Day was traditionally a "dry" holiday. Irish law until 1970 made St. Patrick's Day a religious holiday for the entire country which means that pubs were closed for the day. Dublin boasts one pub for every 100 head of the population. A book only needs to sell 3,000 copies to top the Irish Best Selling List. The average height of an Irish man is 5'8"; for an average woman 5'5". Raymond O'Brien was the shortest person in Irish history; he was only one-foot, 11-inches. Only 9% of the Irish population are natural redheads. Cats now outnumber dogs two to one as Ireland's most popular pet.